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1. A method of applying a fitting to a tube end said fitting having a connection portion and a tubular portion adapted to be inserted into said end tube;

5 said tubular portion having an external diameter greater than an internal diameter of said tube end;

said tube end having a first external diameter and a second larger diameter when said tubular portion is inserted within said tube end;

10 said method comprising placing a coil spring around said tube end said coil spring having an internal diameter less than said second larger diameter of said tube;

forcing said tubular portion into said tube end causing said tube to expand forcing said coil spring to expand;

15 wherein said coil spring exerts continuous radial compressive force around said tube end.

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2. The method claimed in claim 1 wherein said coiled spring is forced to expand at least 1%.

3. The method claimed in claim 2 wherein said coiled spring is forced to expand from about 1% to about 5%.

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4. The method claimed in claim 1 wherein said tube portion is barbed.

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5. The method claimed in claim 1 wherein said spring is further clamped and held stationary as said tubular portion is inserted into said tube end.

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6. The method of applying a hose fitting to a tube end said fitting having a connecting portion and the tubular portion said tubular portion having an external diameter greater than the internal diameter of the said tube end;

5 said tube end having a first external diameter and a second  
larger diameter when said tubular portion is inserted within said tube end;  
said method comprising forcing said tubular portion into said  
tube end causing said tube to expand;

forcing a coil spring in an axial direction over said tube end wherein said coiled spring has an internal diameter in an unstretched condition less than the external diameter of said second larger diameter of said tube whereby said coiled spring expands and thereby exerts continuous radial compressive force against said tube end.

7. The method claimed in claim 6 wherein said coil expands from about 1% to about 5%.

5 8. The method claimed in claim 5 wherein said coil embeds itself within the exterior surface of said tube.

9. The method claimed in claim 5 wherein said coil tube surrounds substantially said entire tube portion applying radial compressive force against said entire tube portion.

10. Plastic tubing comprising tubing and a fitting said fitting including a tubular portion inserted in an end of said tube;  
5 a spring consisting of a coiled portion said spring covering said tube end over said tubular portion and being in an expanded state and exerting radially inward pressure against said tube end towards said tubular portion wherein said coiled spring is expanded from about 1% to about 5% from and at rest condition.